

What is Your Risk?

- **Age/Gender:** Your risk increases with age. Men are at higher risk if over 45 years of age and women if over 55 years of age. Heart disease is more prevalent in women than men.
- **Family History:** Your risk is higher if members of your family have had heart disease or heart attack or stroke at a younger age.
- **Genetics:** Your risk is higher depending on some of your genes and proteins in your body.
- **High Blood Pressure:** Risk increases as your blood pressure increases.
- **Physical Inactivity:** Sitting for too long increases your risk.
- **Obesity or Overweight:** Your risk is higher with a Body Mass Index above 27.5.
- **Alcohol and Tobacco Use:** Research shows that tobacco use increases your risk. Alcohol use can increase or decrease risk depending on your genetics and how much you drink.
- **Inflammation and Chronic Illness:** Your risk increases if you have a chronic illness such as diabetes or hypertension. Risk also increases if you have a history of chronic inflammation from diseases, poor nutrition, lifestyle, and stress.



Questions for Your Medical Provider

- ✓ *What makes these tests advanced? Why doesn't my cardiologist use them?*
- ✓ *What is my risk?*
- ✓ *When should I be tested? How often will I need to be tested?*
- ✓ *Do I need level 1 or level 2 testing? What is the difference?*
- ✓ _____
- ✓ _____



ADVANCED CARDIOVASCULAR CARE



Talk to our staff to learn more about Advanced Cardiovascular Care at WMC.

* 303-428-7449 *
www.westminstermedicalclinic.com

Understanding Your Cardiovascular Health



Approximately 50% of people who have a heart attack or stroke have normal cholesterol.

Measuring cholesterol alone without looking at inflammation is not enough to truly understand your heart health risk.

Heart disease and stroke are the leading cause of death in the United States.

According the Center for Disease Control, more people under age 65 die from preventable heart disease and strokes than those ages 65 and older.

What Causes a Heart Attack or Stroke?

Heart attacks occur when a coronary artery becomes blocked and blood cannot get to the heart. These blockages are caused by buildups of cholesterol along the artery wall called plaque. When these buildups become inflamed, it can rupture or break causing a clot to form. The combination of the plaque buildup and clot can cause blockage in the coronary artery, which can lead to a heart attack. If this happens in an artery that is bringing blood to your brain, a stroke can occur.

The inner lining of your arteries can be damaged by smoking, diseases like diabetes, high blood pressure and /or from having an unhealthy lifestyle. When they become damaged, cholesterol can more easily enter the artery wall, causing more plaque to develop.

Advanced Cardiovascular Labs and Testing

At WMC, we combine national recommendations with research-based testing to individualize your care.



We contract with Cleveland Heart Labs to test your blood at WMC. Your provider will look at not only your cholesterol, but also markers for inflammation and metabolism.



The Carotid Intima-Media Thickness (CIMT) is an ultrasound that measures the thickness of your carotid arteries (the large arteries in your neck). The thickness of the carotid artery indicates how much plaque has built up. The Boone Heart Institute conducts this exam at WMC.



Our central blood pressure machine tests the blood pressure of the aorta, which is a very large artery that pumps blood away from your heart. Measuring the blood pressure of the aorta instead of the blood pressure in your arm is a more accurate measure of your blood pressure.

Appointments with Your Provider and Health Coach

The lab testing is just a first step to start improving your future health today. Your provider at Westminster Medical Clinic will ask you to return to discuss your lab results and recommend that you get advanced lab testing again in 3-6 months to track your progress.

We have health coaches who can support you in making lifestyle changes along the way.

Costs

Invest in Your Health and Future

In the long run, this is a small investment for the great returns of improving your health. Diseases such as heart disease or stroke can cost \$10,000 - \$18,000/year.

Commercial Insurance

Your out-of-pocket cost varies based on your insurance plan and deductible. With most commercial insurance plans including United Healthcare, Cigna, and Aetna, your out-of-pocket cost will be as follows:

	Level 1	Level 2
WMC Program Fee.....	\$25	\$50
Cleveland Heart Labs.....	\$80-100	\$300-400
WMC Central Blood Pressure.....	\$65	\$65
Boone Heart CIMT.....	\$0-175	\$0-175
Total	\$170-365	\$415-690

We encourage you to contact the companies with your questions or to review your payment plan options.

Anthem BCBS is not in network with Cleveland Heart Labs and costs may be higher. Patients with Anthem can use the cash price as an alternative.

Medicare/Medicare Advantage

	Level 1	Level 2
WMC Program Fee.....	\$25	\$50
Cleveland Heart Labs.....	\$0	\$0
WMC Central Blood Pressure.....	\$65	\$65
Boone Heart CIMT.....	\$35-175	\$35-175
Total	\$90-265	\$150-290

*Copays and deductibles may apply.

WMC Direct or Cash Price

	Level 1	Level 2
WMC Program Fee.....	\$25	\$50
Cleveland Heart Labs.....	\$150	\$300
WMC Central Blood Pressure.....	\$65	\$65
Boone Heart CIMT.....	\$175	\$175
Total	\$415	\$590

*The WMC Program Fee is waived for patients who have WMC Direct.